Third Mode

Intonation: #8

Andante ♩-84

Lord, I Have Cried

Lord, I have cried un - to thee,

Thee, heark - en un - to me;

heark - en un - to me, O

Text © 2005, Holy Transfiguration Monastery, Brookline, MA
A psalm consoles the sad, restrains the joyful, tempers the angry, refreshes the poor and chides the rich man to know himself. To absolutely all who take it, the psalm offers an appropriate medicine; nor does it despise the sinner, but presses upon him the wholesome remedy of penitential tears.

-St. Niceta of Remesiana
Let My Prayer

Third Mode

Andante  ∞ 4

Let my prayer be set forth as incense before Thee, the lifting up of my hands as an evening sacrifice; hearken unto me, O Lord.

www.stanthonymonastery.org/music/Vespers.htm
Verses of Psalms
140, 141, and 129

Third Mode

Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins,

With men that work iniquity; and I will not join with their chosen.

Presto  \( \text{\textcopyright 180} \)

Θοῦ Κύριε

Third Mode

Verses of Psalms
140, 141, and 129

Third Mode

Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

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Verses of Psalms
140, 141, and 129

Third Mode

Set, O Lord, a watch before my mouth, and a door of enclosure round about my lips.

Incline not my heart unto words of evil, to make excuse with excuses in sins,

With men that work iniquity; and I will not join with their chosen.
The righteous man will chasten me with mercy and reprove me; as for the oil of the sinner, let it not anoint my head.

For yet more is my prayer in the presence of their pleasures; swallowed up near by the rock have their judges been.

They shall hear my words, for they be sweetened; as a clod of earth is broken upon the earth, so have their bones been scattered nigh unto Hades.
For unto Thee, O Lord, O Lord, are mine eyes, in Thee have I hoped; take not my soul away.

Keep me from the snare which they have laid for me, and from the stumbling-blocks of them that work iniquity.

The sinners shall fall into their own net; I am alone until I pass by.

With my voice unto the Lord have I cried, with my voice unto the Lord have I made my supplication.
I will pour out before Him my supplication,
mine affliction before Him will I declare.

When my spirit was fainting within me, then Thou
knewest my paths.

In this way wherein I have walked they hid for me a snare.

I looked up on my right hand, and beheld, and there was none
that did know me.

Flight hath failed me, and there is none that watcheth out for my soul.
I have cried unto Thee, O Lord; I said: Thou art my hope, my portion art Thou in the land of the living.

Attend unto my suppliance, for I am brought very low.

Deliver me from them that persecute me, for they are stronger than I.

On Saturdays, continue with Slow Stichera on page 132 or with Brief Stichera on page 164. On other days continue on following page.
Bring my soul out of prison that I may confess Thy Name.

The righteous shall wait patiently for me until Thou shalt reward me.

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice.

Let Thine ears be attentive to the voice of my supplication.
Slow Stichera

Third Mode

Verse #1

Bring my soul out of prison that I may confess Thy Name.

Stichera #1

By Thy Cross, O Christ our Saviour, the dominion of death hath been destroyed, and the deception of the devil hath been abolished; and the race
of man, having been saved by faith, doth ever offer praise to Thee.

The righteous shall wait patiently for me until Thou shalt reward me.

All things have been enlightened.
Out of the depths have I cried unto Thee, O Lord: 
Lord, hear my voice.
I glorify the might of the Father
and the power of the Holy Spirit do
I praise, even the indivisible, uncreated God, the
Trinity one in essence, reigning unto eternity

Stichera #3

Δοξάζω τοῦ Πατρός

Third Mode - Slow Stichera

www.stanthonymsmonastery.org/music/Vespers.htm
Let Thine ears be attentive to the voice of my supplication.

Thy precious Cross do we worship,

O Christ, and Thy Resurrection do we praise and glorify;

Verse #4

Third Mode - Slow Stichera

Stichera #4
for by Thy wounding are we ________
all ________ healed.

Verse #5

Εάν άνομίας

If Thou should-est mark in-iqui-ties, O Lord, O Lord, who shall stand?

For with Thee there is _______ for-give-____

We praise ______ the Sav-____ iour, Who____ in____
Verse #6

"Ενεκεν τοῦ ὄνοματός σου

For Thy Name's sake have I patiently waited for Thee, O Lord; my soul hath patiently waited for Thy word, my soul hath hoped in the Lord.
Going down to those in Hades,
Christ proclaimed the glad tidings,
saying: Take courage,
I have conquered now; I am the Resurrection;
having destroyed the gates of death, I shall lead you up.
Verse #7

From the morning watch until night, from the morning watch

let Israel hope in the Lord.

Stichera #7

We who stand unworthily in Thine undecked

filed house sing an evening hymn,

crying from the
depths: O Christ God, Who didst en-
lighten the world by Thy
Resurrection on the third day,
rescue Thy people out of the hand of Thine ene-
O Friend of man.

www.stanthonymsmonastery.org/music/Vespers.htm
Verse #8

For with the Lord there is mercy, and with Him is plentiful redemption; and He shall redeem Israel out of all his iniquities.

Verse #9

O praise the Lord, all ye nations; praise Him, all ye peoples.
Verse #10

For He hath made His mercy to prevail over us,

and the truth of the Lord abideth for ever.
Glory... Both Now...

Third Mode

Andante  ¾ 84

Δόξα Πατρί... Και νῦν...

Glory___ to the Fa - - ther, and to____ the____ Son,

and____ to the Ho - ly____ Spir - - it.__

Both now____ and__ ev - - er, and un - to the

a - - ges of__ a - - ges._ A - - men._
Alternate Melodies

**Third Mode - Glory**

Glory to the Father, and to

the Son, and to the Holy Spirit.

Both now and ever,

and unto the ages of ages.

Amen.
Third Mode - Glory

Old (Slow) Sticheraric Melodies

Glo-ry to the Fa-ther, and to
the Son, and to the Ho-
ly Spir-it.

Both now and ev-er, and un-
to the a-ges of a-ges.

A-men.
Dogmatic Theotokion

Third Mode

Andante \( \frac{7}{8} \)

Πῶς μὴ θαυμάσωμεν

How can we not marvel

at thy andric

Offspring, O all revered

one?

For without experience of

wedlock, thou, O all blame
Son, Who was born motherless of the
Father before the ages, and Who in no way suffered change
or intermingling or division,
but preserved in their entirety the properties of each essence.
Wherefore, O Lady, Virgin Mother, do thou entreat Him that the souls of them that, in orthodox manner, profess thee to be God's Birthgiver may be saved.
Andante ♩=88

Aposticha #1

O Christ, Who by Thy passion didst darken the sun, and Who by the light of Thy Resurrection didst make all things radiant, with joy, accept...
our evening hymn, O Friend

The Lord is king; He is clothed with majesty.
The Lord is clothed with strength and He hath girt Himself.

Thy life-bringing arising, O Lord,

Verse #2

Ο Κύριος ἐβασίλευσεν

Aposticha #2

Η ζωοδόχος σου
hath illumined the whole world, and hath restored Thy corrupted creation.

Wherefore, as ones delivered from the curse of Adam, we cry out: O Almighty Lord, glory be to Thee.
Verse #3

For He established the world which shall not be shaken.

Aposticha #3

Being God, not subject to change,

Thou hast undergone change while suffering in the flesh.

Not enduring to see...
Thee suspended, creation was shaken by fear, and with groanings praised Thy long sufferinging. Having descended into Hades, Thou didst arise on the third day, granting to the world life and great mercy.
Verse #4

Holiness becometh Thy house, O Lord, unto length of days.

Aposticha #4

Thou hast undergone death that Thou mightest redeem our race from death, O Christ, on the third day Thou didst arise from the dead, and with Thyself, didst raise
up them that know Thee as God;
and Thou didst enlighten the world.
Lord, glory be to Thee.
Andante

'Aσπόρος έκ θείου Πνεύματος

Seed-less-ly and of the Divine

Spirit, and by the will

of the Father, didst thou con-

ceive the Son of God, Who,

from the Father, exist-ed

Third Mode
Before the ages without mother.

And thou hast brought forth in the flesh Him

Who, for our sakes, came forth

from thee without father;

and thou hast sucked Him as a babe.

Wherefore, cease not to intercede

that our souls be delivered

from perils.

www.stanthonyssmonastery.org/music/Vespers.htm
Let the heavens rejoice, and let things on earth be glad, for the Lord hath wrought might with His arm; He hath trampled upon death by death; He hath become the first-born of the dead. From the bowels of Hades hath He delivered us, and hath granted great mercy to the world.
Glory...

Δόξα Πατρί

Glory to the Father, and to the Son, and to the Holy Spirit.

Both now...

Καὶ νῦν

Both now and ever, and unto the ages of ages. Amen.

Resurrectional Theotokion

Σὲ τὴν μεσίτευσας

We praise thee, the Mediatrix for the salvation
of our race, O Virgin Theotokos; for in the flesh taken from thee, thy Son and our God hath
deigned to endure the passion through the Cross, and hath re-
deemed us from corruption, since He is the Friend of man.

Sometimes singing in moderation successfully relieves the temper. But sometimes, if untimely and immoderate, it lends itself to the lure of pleasure. Let us then appoint definite times for this, and so make good use of it.

-St. John of the Ladder
Allegro

Lord, I Have Cried

Lord, I have cried unto Thee, hearken unto me;

hearken unto me, O Lord. Lord, I have cried unto

Thee, hearken unto me; attend to the voice

Third Mode - Brief

Intonation: #8

Allegro \( \text{\textsuperscript{160}} \)

www.stanthonsmonastery.org/music/Vespers.htm
of my supplication when I cry unto Thee:

Hearken unto me, O Lord.

Let My Prayer

Katheuqunqhvtw

Let my prayer be set forth as incense before Thee,

the lifting up of my hands as an evening sacrifice; hearken unto me, O Lord.
**Brief Stichera**

**Third Mode**

**Verse #1**

'></br>'Exángage ek philakήs

Bring my soul out of prison that I may confess Thy Name.

**Stichera #1**

'Tó Só Sταυρó

By Thy Cross, O Christ our Saviour, the dominion of
death hath been destroyed, and the deception of the dev-
il hath been abol-ished; and the race of man, hav-
ing been saved by faith, doth ever offer praise to Thee.
**Verse #2**

The righteous shall wait patiently for me until Thou shalt reward me.

**Stichera #2**

All things have been enlightened by Thy Resurrection, O Lord, and Paradise is opened again; and, whilst acclaiming Thee, the whole of creation doth ever offer praise to Thee.
Verse #3

Out of the depths have I cried unto Thee, O Lord; O Lord, hear my voice.

Stichera #3

I glorify the might of the Father and the Son, and the power of the Holy Spirit do I praise, even the indivisible, uncreated Godhead, the

Trinity one in essence, reigning unto e-
Let Thine ears be attentive to the voice of my supplication.

Thy precious Cross do we worship, O Christ, and Thy Resurrection do we praise and glorify; for by Thy wound ing are we all healed.
If Thou should-est mark in-iqui-ties, O Lord, O Lord, who shall stand?

For with Thee there is for-give-ness.

We praise the Sav-iour, Who was in-car-nate of the Vir-gin, for He was cru-ci-fied for our sake and a-rose on the third day, grant-ing us great mer-cy.
Verse #6

For Thy Name’s sake have I patiently waited for Thee, O Lord; my soul hath waited patiently for Thy word, my soul hath hoped in the Lord.

Stichera #6

Going down to those in Hades, Christ proclaimed the glad tidings, saying: Take courage, I have conquered now; I am the Resurrection; having de-
destroyed the gates of death, I shall lead you up.

Verse #7

'Από φυλακής προϊας

From the morning watch until night, from the morning watch
let Israel hope in the Lord.

Stichera #7

Οἱ ἀναξίως ἔστωτες

We who stand unworthily in Thine undefiled house
sing an evening hymn, crying from the depths: O Christ

God, Who didst enlighten the world by Thy Resurrection
on the third day, rescue Thy people out
of the hand of Thine enemies, O Friend, of man.

Verse #8

For with the Lord there is mercy, and with Him is plentiful redemption; and He shall redeem Israel out of all
his iniquities.

Verse #9

O praise the Lord, all ye nations; praise Him, all ye peoples.
Verse #10

For He hath made His mercy to prevail over us, and the truth of the Lord abideth for ever.

Glory...

Glor-y to the Fa-ther, and to the Son, and to the Ho-ly Spirit.

Both now...

Both now and ev-er, and un-to the ages of ages. A-men.
How can we not marvel at thy theandric Offspring, O all-revered one? For without experience of wed-lock, thou, O all-blameless one, hast brought forth in the flesh a fatherless Son, Who was born motherless of the Father before the ages, and Who in no way suffered change or interminning or division, but preserved in their entirety the properties of each essence.
sense. Wherefore, O Lady, Virgin Mother, do thou en-
treat Him that the souls of them that, in Orthodox
man-ner, profess thee to be God's Birthgiver may
be saved.
Brief Aposticha

Third Mode

Aposticha #1

Allegro \( \frac{4}{4} \) 160

\( \text{C} \quad \text{F} \quad \text{D} \)

O Christ, Who by Thy passion didst darken the sun,

\( \text{C} \quad \text{F} \)

and Who by the light of Thy Resurrection didst make

all things radiant with joy, accept our evening hymn, O

Friend of man.
Verse #2

The Lord is king; He is clothed with maj-es-ty. The Lord is clothed with strength and He hath girt—Him-self.

Aposticha #2

Thy life-br-ing a-ris-ing, O Lord, hath il-lu-mined the whole-world, and hath re-stored. Thy cor-rupt-ed cre-a-tion. Where-fore, as ones de-liv-er-ed from the curse of Ad-ram, we cry—out: O Al-might-y Lord, glo-ry
be to Thee.

Verse #3

For He established the world which shall not be shaken.

Aposticha #3

Being God, not subject to change, Thou hast undergone change while suffering in the flesh. Not enduring to see Thee suspended, creation was shaken by fear, and with groanings praised Thy long suffering.
Verse #4

Τὸ οἴκῳ σου πρέπει

Holiness becometh Thy house, O Lord, unto length of days.

Aposticha #4

Τὸ ιόνος ἡμῶν

Thou hast undergone death that Thou mightest redeem our race from death, O Christ; on the third day Thou didst a-
rise from the dead, and with Thy-self, didst raise up them that
know Thee as God; and Thou didst enlighten the
world. Lord, glory be to Thee.

Glory...

Dóxa Patriv

Both now...

Kái vón
Aposticha Theotokion

Seed-less-ly and of the Di-vine Spir-it, and by the will of

the Fa-ther, didst thou con-ceive the Son of God, Who, from the

Fa-ther, ex-ist-ed be-fore the ag-es with-out moth-
er. And thou hast brought forth in the flesh Him Who, for our

sakes, came forth from thee with-out fa-ther; and thou hast

suck-led Him as a babe. Where-fore, cease not to

www.stanthonymonastery.org/music/Vespers.htm
intercede that our souls be delivered from per-